

Mad Dawg Optional-Continuing Program (Summer/Fall Wrestling Session)

What: Continue wrestling throughout the entire summer and fall. That's five more months of off-season training; starting the first week of June, all the way through to October. Although initially we will continue to practice both freestyle and Greco Roman wrestling, we will eventually convert back to folkstyle wrestling for the majority of the program.

When: Tuesday and Thursday evenings with two separate sessions.

1st session: 5 pm to 6 pm for beginner/novice wrestlers.

2nd session: 6 pm to 7:30 pm for experienced wrestlers.

Who: The 5 pm session is geared for 8th grade and younger wrestlers who are considered beginners or novices. The 6 pm session is designed for experienced middle school wrestlers and high school wrestlers with the goal to prepare athletes for the upcoming season starting in November. Younger wrestlers are more than welcome to participate in the 6 pm session but the pace and level of instruction will be challenging.

Where: All practices are held at Folsom High School in the wrestling room.

Cost: \$50. That is a reasonable amount of money to stay in decent wrestling shape and to receive excellent wrestling instruction/technique from our Mad Dawg coaches. Checks are to be made out to **Mad Dawg Wrestling Club**.

****For more information contact Coach Duane Fidel****

1. (916) 705-8077 cell

2. (916) 983-4311 hm

Registration Form

Athlete's name: _____ Age: _____

Home phone: _____

Emergency contact person and phone number: _____

Home address: _____

Email address: _____

Are you currently a registered Mad Dawg Club member: yes no